



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

## Detailed evaluation

Lauftreff Alteburg Arnstadt

Total time: 15:56:44

Number: 550

Speed: 10.54 km/h

Running performance: 5:40 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 139 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 26(of 66)

Mixstaffel

Best time in the category: 11:54:56

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Hohe Sonne	15.02	1:23:49	5:34	46	22:36	169	31:52	15.02	1:23:49	5:34	46	22:36	222	31:52
Kleiner Inselsber	18.94	1:45:34	5:34	24	21:57	99	29:22	33.96	3:09:23	5:34	32	42:24	222	59:42
Neue Ausspanne	13.90	1:06:37	4:47	3	1:37	40	19:23	47.86	4:16:00	5:20	13	43:44	225	1:19:05
Grenzdler	13.68	1:16:39	5:36	17	13:33	104	23:36	61.54	5:32:39	5:24	15	50:22	225	1:42:41
Allzunah	19.96	2:19:37	6:59	63	1:07:10	220	1:07:10	81.50	7:52:16	5:47	36	1:54:12	223	2:44:08
Masserberg	17.89	1:50:44	6:11	38	47:47	166	47:47	99.39	9:43:00	5:51	37	2:26:00	225	3:27:00
Neuhaus	19.86	1:41:21	5:06	18	30:59	66	30:59	119.25	11:24:21	5:44	34	2:56:06	225	3:45:08
Schildwiese	13.54	1:20:59	5:58	41	19:39	166	39:21	132.79	12:45:20	5:45	36	3:15:39	225	4:17:13
Grumbach	18.58	1:32:40	4:59	17	22:58	77	27:26	151.37	14:18:00	5:40	27	3:38:37	138	4:44:25
Blankenstein	17.60	1:38:44	5:36	36	25:15	148	35:00	168.97	15:56:44	5:39	26	4:01:48	139	5:18:22